

APRIL

WEST BOYLSTON SENIOR CONNECTION

2016

Published by The Friends of the West Boylston Senior Center, Inc. for the West Boylston Council on Aging, 127 Hartwell St., West Boylston, MA. 01583 Telephone (508) 835-6916. Supported in part by Department of Elder Affairs, Boston, MA.



CLOSINGS FOR APRIL

The West Boylston Senior Center will be closed
April 18, 2016 in observance of Patriot's Day.
There will be no transportation, no programs and no meals delivered.

*April prepares her green traffic light and the world thinks Go.
~Christopher Morley*



FREE LUNCH @ BROOKDALE EDDY POND Wednesday– April 27, 2016

Prize Bingo will be from 10:30–11:30, followed by a delicious catered lunch. Gift cards are the game prizes and themed baskets will be raffled off during the buffet lunch. The day would conclude at approximately 12:30-12:45. Brookdale is a senior living complex located in Auburn. This is not an event that “markets” their community, but rather to invite our seniors as guests for a nice day. They will provide van service to and from the West Boylston Senior Center. Please reserve at 508-835-6916.

FLOWER ARRANGEMENT CLASS Friday– April 29, 2016 1:00 pm

Herbert E. Berg Florists is offering this class with a “Mother’s Day” theme. Make one for yourself or for a ‘mother’ in your life! Call 508-835-6916 to reserve your seat. Cost \$10.00.



CAPTEL- CAPTIONED TELEPHONE Thursday– April 14, 2016 11:00 am

You have heard about close “captioned” television, but what about “Captioned Telephones”? These phones are ideal for people with hearing loss. It works like any other telephone but it also displays captions of every word the caller says. Users can listen to the caller and can also read the written captions for added clarity. They can even work as an answering machine and caption messages. We are going to have this phone on display at the senior center the week before the presentation, so come check it out. A representative from CapTel will be able to answer questions on April 14th regarding the telephone and explain how with verified hearing loss the phone is free.

DIRECTOR'S CORNER

SpringJoy!

I'm crossing my fingers that our mild winter continues as I write this column. Although we have had some days of frigid cold, overall this winter has been a relief compared to the cruelty of last season. To usher in the colors of Spring there are two flower classes offered this month, so come and enjoy!

To give you an update on the progress from the resident's building committee and the board of the Council on

Aging, members of both groups met with FISP and brought before them the findings of the research of properties for a senior center and the unanimous decision that the town owned Mixer property was the best location for a new home. The COA board asked that an article be put on the annual town meeting to ask for funding

preliminary construction drawings and studies for a new center. FISP made the motion to present to the Board of Selectmen. At the Selectmen's meeting the motion for funding the conceptual study for an 8,500 square foot senior center was approved! We are very hopeful about this "first" step. Now we need everyone's support at the town meeting to approve this funding. Please get the word out to friends and neighbors.

Save the Date- Town Meeting May 16, 2016 7:00 pm @ West Boylston Middle/High School

Carpools can be arranged for those who might need it.

Also, to continue the momentum, The Friends of the Council on Aging sponsored a bake sale during the Presidential Primary Voting to raise funds for a new senior center, and thanks to all the support of hungry residents, they did very well! Expect to hear from them more as they plan out other fundraising events.

If I seem like a broken record, I apologize, but I want to continue my ranting on "always learning", keep the mind active. I recently talked with a couple of residents who are taking the Lifelong Learning classes at Worcester State College. They are thoroughly enjoying them! So again, I am preaching, never stop learning. If you cannot get to the schools that offer free classes to seniors, there are numerous online sites that you might be interested in. If you do not have a computer at home, consider using ours in the computer lab or even those at the public library. Check out these websites:

Coursera, Open Yale Courses, Khan Academy, Drawspace, MIT Open Courseware, TED
And on that note, I would love to have lifelong learning classes here at the center. Have you ever considered teaching a class? It could be just a 4-6 week class. History, Culture, Arts or Languages, a subject that you could share with others. Come visit me at the center and we'll talk!

~ Lisa

We now post our monthly newsletter online! You can find it under the Town of West Boylston website- Council on Aging department. And it is in color! If you would prefer to access it online and not receive the paper mailing, please let us know so that we can take you off the mailing list. If you move, could you please let us know as the postal service does not forward the newsletters. This would be greatly appreciated.



BEMIS FARM NURSERY
SPRING PLANT WORKSHOP
April 21, 2016
1:30 pm

Owner Tina Bemis is back to help you create a spring flower outdoor pot featuring cold-tolerant plants! This will be perfect to welcome in spring.

Cost is \$15.00 and is due with reservation.

Call 508 835-6916 for info.



Not actual product.

SAVE THE DATE!

Get Ready to Walk 1 Mile!

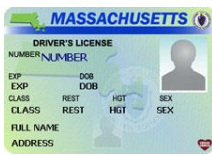
June 11, 2016 at 10:00 am at the West Boylston Middle School/High School

Second Annual

“GO THE DISTANCE” STATE WALKING CHALLENGE
OF THE KEEP MOVING WALKING CLUBS AND
MASSACHUSETTS ASSOCIATION OF COUNCILS ON AGING AND SENIOR CENTERS

We had so much fun doing this last year that we’re doing it again. One of our West Boylston residents even won one of the state raffle prizes! All walkers who complete the distance will earn a certificate and be entered into a statewide prize raffle.





**“RMV NEAR ME PROGRAM”
SKIP A TRIP TO THE RMV
BY RENEWING ONLINE!**



If you are eligible to renew your license and/or registration or need a duplicate license, but do not have a computer or would like assistance, the West Boylston Senior Center is now available to provide this service online.

Driver’s license (renewal or duplicate) and registration online requirements:

- You must be 74 years of age or younger (*for license renewal*)
- Have a credit card or checking account
- Have no unpaid tickets or fines
- Did not use online process last license renewal

For more information and/or to schedule an appointment, call Center at 508 835-6916. Appointments can be made Monday, Tuesday or Friday mornings.

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***SHARE YOUR EXPERIENCE***

The Senior Center receives calls weekly seeking referrals for a variety of services, i.e. plumbing, electrical, carpentry, landscaping, etc. We would like to build a list of vendors with whom people have had past experience and would appreciate your input. Please call or email your experiences to help compile a working list (include vendor contact information).

Call the Center at 508 835-6916 or email the Director, Lisa Clark Viklund  
[lcviklund@westboylston-ma.gov](mailto:lcviklund@westboylston-ma.gov)



***Like us on Facebook to see pictures of people & events! “West Boylston senior center”***

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SMILE:



I feel like my body has gotten totally out of shape, so I got my doctor’s permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour, but by the time I got my leotards on, the class was over.

CRAFT MORNING WITH VIOLA

APRIL 28, 2016 9:30 AM

All you have to do is bring whatever item you want to decorate
(sneakers, tote bags, T-Shirts) and Viola will help you create!

Call the center to register or for more info.

508-835-6916 Cost \$5.00



Congratulations to:

Ruth Lovell, Peter Fidrych and Phyllis Carrigan for winning the “Spring”
baskets at our St. Patrick’s Day Party!

Everyone enjoyed Corned Beef, Shamrock Shakes and Mint Juleps!



“AGE MASTERY PROGRAM”

The West Boylston Council on Aging is pleased to announce that we will be offering a free 10-week health and wellness course to residents 55 and over. The program is called the “Aging Mastery Program”. It was developed by the National Council on Aging (NCOA) with the help of a grant through the MetLife Foundation.

This is the third year of the program in Massachusetts. The West Boylston Council on Aging is one of only 43 senior centers in the state to offer the Aging Mastery Program. We are very fortunate to have been selected and awarded grant funding as a site to make this program possible.

AMP is an approach to living that embraces this gift of longer lives. The program combines knowledge sharing with goal-setting and feedback routines, daily practices, and peer support to help you make meaningful and enduring changes in your life. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results.

The goal of this program is to empower older adults to make and maintain small but impactful changes in health behaviors. The training sessions will explore navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, fall prevention, and community engagement. For each of these modules, we will provide basic educational materials developed from highly trusted sources, a checklist of potential next steps, and a system for tracking behaviors. Participants will earn points for positive actions and rewards.

This is a wonderful opportunity for older adults to participate in and reap the benefits of this cutting edge wellness program. We are currently recruiting 20 to 25 adults (ages 55+) to participate in the 10-week educational program.

Program begins:

**Tuesday, April 5, 2016
10:30 am
West Boylston Senior Center
127 Hartwell St. #100**

This is a commitment! You must attend at least 7 of the 10 weeks.

Call the senior center at 508- 835-6916 to register or just come on April 5!

- ❖ **Classes & Activities**
- ❖ **Rewards & Incentives**
- ❖ **Implementation & Evaluation Materials**
- ❖ **Online Tools & Resources**

BRIDGE CLUB

If anyone is interested....there are public games held at the senior center on Wednesday and Saturday afternoons.

Call Vick Angus for more information - 508-886-4553

Volunteers

Act as if what you do makes a difference. It does.

~William James

Interested in volunteering? The center can always use you! Meals on Wheels alternate drivers (smile required) or help folding the monthly newsletter. Call us 508-835-6916

PLEASE BE COURTEOUS...

Some of our classes and events are so popular that many people are signing up to attend them. Unfortunately since our space is limited, these events fill up fast and we have to put people on a waiting list. If you do sign up and then cannot come, **please** call us so that another person can come and enjoy the opportunity.

ASK AN ATTORNEY **Tuesday – April 12, 2016** **9:00 – 10:00 am**

A free service for seniors with Attorney Nicholas Daviau.
Please call to schedule your appointment 508-835-6916



ELDER COMMUNITY SERVICES PROGRAM

Applications available for upcoming fiscal year.

This program is open to resident property owners living in West Boylston who are at least 60 years of age. Eligible participants will receive up to \$1300 per year to be used to pay their real estate property tax. This is in return for voluntary service at a town department, board or agency. The program runs on the fiscal year, thus all applications must be in by June 1st to be considered.

Applications are available at the West Boylston Senior Center.

TO YOUR GOOD HEALTH...



***BLOOD PRESSURE CLINIC/
ASK THE NURSE
11:30 am-12:30 pm
Wednesday- April 6, 2016***

***SHINE COUNSELING
Friday– April 15, 2016
9:00 –11:00 am***

Trained SHINE volunteers offer free counseling on all aspects of health insurance to seniors.
Please call the center to schedule your
appointment. 508-835-6916

***NEWS FROM SHINE
ARE YOU TURNING 65 WITH A
HEALTH CONNECTOR PLAN?***

People with Health Connector coverage nearing Medicare eligibility face many obligations – to enroll in Medicare in a timely way, to notify their Connector plan about their Medicare eligibility, and to cancel their Connector plan. Despite these responsibilities, people with Connector plans receive no notice about their Medicare eligibility unless they are auto-enrolled in Medicare because they receive Social Security cash benefits. In addition, Connector enrollees receive no notification that their access to premium tax credits automatically terminates when they become Medicare eligible.

These notification gaps put people in the Health Connector who are nearing Medicare eligibility at serious risk. Honest enrollment mistakes can lead to lifetime premium penalties, gaps in coverage, disruptions in access to needed care, tax penalties and recovery, by the IRS resulting from the loss of premium tax credits and delayed Medicare enrollment. To avoid these consequences, it is imperative that Health Connector members who are eligible for Medicare enroll in Medicare in a timely manner, notify their Connector plan about their Medicare eligibility, and cancel their Connector plan. As always feel free to talk with a SHINE counselor if you have any questions.



Know how to prevent sagging? Just eat till the wrinkles fill out!

SPONSORED IN PART BY A GRANT FROM THE WEST BOYLSTON CULTURAL COUNCIL, A LOCAL AGENCY, WHICH IS SUPPORTED BY THE MASSACHUSETTS CULTURAL COUNCIL, A STATE AGENCY, AND THE FRIENDS OF THE COA.

SAORI WEAVING

WEST BOYLSTON SENIOR CENTER



Saori Bridges At Elm Park

SUNDAY, JUNE 12, 2016

1:00-4:00 pm

Presented by

Mihoko Wakabayashi

of Saori Worcester

SAORI is free style weaving by hand dedicated to free expression for everyone, regardless of physical or mental ability, age, or artistic aptitude. Colors open up, designs appear, and beauty grows from each person's individuality working with a loom and thread.

Learn about the history and meaning of Saori weaving.

Enjoy a demonstration and have the opportunity to experience this fun and easy art form as Mihoko will have looms for all to try. Children will be able to make and take a bracelet.

Call Senior Center for
more info 508-835-6916



TRAVEL CORNER



West Boylston Senior Center presents...

WILSON BUS TOURS-

BEAUPORT PRINCESS CRUISE

featuring a
New England Lobster Bake
Wednesday, July 27, 2016
\$84.00 pp



Your excursion on the Beauport Princess covers historic Gloucester harbor with extraordinary views of the city's downtown, Rocky Neck, Easter Point, Ten Pound Island, Stage Fort Park, and Hammond Castle.

Enjoy their traditional New England Lobster Bake featuring steamed lobster (BBQ chicken for the land lovers, New England Clam Chowder, Corn on the Cob, and more...

Departs: 8:30 am – Stop & Shop Plaza, 940 West Boylston Street, Worcester
For reservations call: Lisa Clark Viklund at 508 835-6916.

Payment Due by: June 15, 2016

Make checks payable to: Wilson Bus Lines and mail to or drop off at Senior Center.

SILVER FOX TOURS-

BOSTON RED SOX- June 23, 2016

Vs. Chicago White Sox Departs from Stop & Shop, 940 W. Boylston St. Worcester 10:30 am, return 6:00 pm. You'll arrive at Fenway Park about one hour prior to the 1:35 pm game time, allowing you to view pre-game warm ups. Left Field Grandstand seats, \$89/pp, driver gratuity not incl. Reservations & payment by 5/15/2016.



THE QUABBIN FOLIAGE TOUR – Tuesday, October 4, 2016

Start this trip by travelling to the Quabbin Reservoir where we'll be joined by a tour guide who will take us throughout the Quabbin and learn the fascinating history of this treasure and why after 9/11 areas are closed off. Then we'll lunch at the outstanding Salem Cross Inn, followed by a trip to Brookfield Orchards and ending at Smith's Country Cheese Shop. Depart at 9:00 am and return by 5:00 pm after a delightful fall day. \$72/pp, driver gratuity not included. Reservations & payment by 9/12/2016.



COLLETTE TOURS-

ALBUQUERQUE BALLOON FIESTA

OCTOBER 5-10, 2016

Highlights....

Sante Fe, Sante Fe School of Cooking, Turquoise Trail,

Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center.



With the professional organization of Collette Tours you will be in good hands. They handle all the details which include; air travel, transportation from your home to airport and all destinations, service of an experienced tour guide, sightseeing admission & guaranteed departure dates. 6 Days – 8 Meals.

The Happy Travelers

Gladys Merrow (508) 835-4312 or email glady2@verizon.net

Bus trips for the over 50 traveler

Apr 10 (Sun) – **Ivoryton Playhouse** featuring “**On the Road with John Denver**” \$115.00

May 14/15 - **2 Day New York** featuring **9-11 Museum & Statue of Liberty** \$ 349.00

May 22(Sun) - **Mount Auburn** – Sunday Brunch & Kennedy Library \$105.00

June 24 (Fri) – **Crane Estate**, Essex & Ipswich TBA

July 10 (Sun) – **Boston Pops at Tanglewood** with Seth MacFarlane with Sunday brunch (waiting list) \$139.00

Jul 30 (Sat) – **Plymouth MA Whale Watch** \$99.00

Aug 20 (Sat) – **Portland ME Rail & Sail** \$110.00

Brochures for all trips are available at the West Boylston Senior Center.



APRIL 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 STUFFED SHELLS 10:00a Wii BOWLING	2
3	4 BEEF BURGUNDY 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS	5 CHICKEN W/ ASPARAGUS 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	6 AMERICAN CHOP SUEY 11:30a BLOOD PRESSURE CLINIC 1:00p CARDS	7 BEEF W/ PEPPER&ONIONS 10:00a EXERCISE LOW IMPACT 1:00p BINGO	8 ALASKAN SALMON 10:00a Wii BOWLING	9
10	11 LEMON THYME CHICKEN 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS	12 BEEF W/ JARDINIÈRE SAUCE 9:00a ASK AN ATTORNEY 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	13 HERB ROASTED PORK 1:00p CARDS	14 SPAGHETTI & MEATBALLS 10:00a EXERCISE LOW IMPACT 11:00a CAPTION PHONE SEM. 12:00p ST PAT'S MOCKTAIL PARTY 1:00p BINGO	15 CHEESE & SPINACH OMELET 9:00a SHINE 10:00a Wii BOWLING	16
17	18 CLOSED FOR HOLIDAY	19 GREEK CHICKEN 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	20 MEATLOAF & GRAVY 10:30a ART W/ ELAINE 1:00p CARDS	21 TURKEY STEW 10:00a EXERCISE LOW IMPACT 1:00p BINGO 1:30p BEMIS FARM PLANT CLASS	22 ROAST BEEF SAND. & SOUP 10:00a Wii BOWLING	23
24	25 BEEF STEW 10:30a GYPSY DANCING 12:45p CHAIR YOGA 1:00p KNITTING/ CROCHET CRIBBAGE/ DOMINOS	26 VEGETABLE CHEESE BAKE 9:45a EXERCISE LOW IMPACT 10:30a AGE MASTERY PRG. 1:00p LEARN POOL	27 CORNEB BEEF SAND. & SOUP 10:30a ART W/ ELAINE 10:30a EDDY BROOKDALE BINGO /LUNCH 1:00p CARDS	28 SALISBURY STEAK 9:30 – CRAFTS WITH VIOLA 10:00a EXERCISE LOW IMPACT 1:00p BINGO	29 MACARONI & CHEESE 10:00a Wii BOWLING 1:00p FLOWER ARRANGE CLASS	30